

What Are the Effects of Smoking Cigarettes?

There are very many side effects of smoking cigarettes and the list is simply endless.

Many smokers take cigarettes when they are facing a very tough situation like addressing a person, talking to elder person or before they have attended to a customer.

They take this so that they can reduce their tension. Despite the fact that they may reduce tension by this, they expose themselves in greater risks of life. One puff leads to many disadvantages.

One, they will get addicted. Smoking is highly addictive and once one has started, they will always ask for more and more.

The other side effect is that smoking wastes lots of money which one could use on investments. Smoking cigarettes makes one lazy and less energetic. Smoking results in lung cancer.

A time comes that the smoker cannot breathe well because their lungs are not functional anymore and that definitely leads to death.

[Click here](#) to view all effects of smoking and reasons why you need to quit smoking today!